

Senior Center Gazette

May

2003

Mother's Day Celebration and Lunch
May 9 - 12:00 noon Mother's are free
as space allows - all others are \$5

Chef Riley is preparing a special luncheon for all of the mothers and attendees at our Mother's Day Celebration. In honor of her mother, Boyka (Sankoff) Rice, Tina Sankoff has donated funds to pay for each mother's meal, as space allows. All mother's planning to attend, please pick up your ticket as soon as possible. We don't want anyone to miss this lovely luncheon so generously provided in honor of Boyka (Sankoff) Rice.



Senior Rally in Sacramento
"SAVE OUR SAFETY NET"
Wednesday, May 7
7:30 a.m. to 5:00 p.m.
Trip cost-\$7; Trip & Box Lunch-\$10

Here is your chance to help influence policy to protect California's most vulnerable citizens- oppose cuts to vital Medi-Cal programs for children, persons with disabilities, and dependent older persons. Join a statewide rally on The Capitol steps, SAVE OUR SAFETY NET. A box lunch prepared by Senior Center Chef Riley will be available to purchase and take with you (please order by Friday, May 2). Lunch will not be served at the rally. The bus will pick you up at the Senior Center and get you to Sacramento by 10 a.m. for the rally. You must have a picture ID with you and pay a fee of \$7.00. Sign up at the Senior Center Office.

Senior Center Annual Flower and Garden Show
Wednesday, May 28
10 a.m. to 2:30 p.m. - \$1.00

The Annual Flower and Garden Show will feature displays and sales of flowers, bulbs, cuttings, and plants from Senior Center gardeners. Gardening specialists will be available to answer questions. The Annual Flower and Garden Show is the perfect place to find a new item for your garden, get some excellent tips, and just share a lovely day with fellow gardeners!

Gardening Club Meeting
May 2 - 2:00 p.m.

Lee Ellis, botanist, biologist, and **Master Gardener** will speak on growing plants, flowers and trees in containers. Bring your questions for this excellent gardener to answer.



COMMUNITY SERVICES

SENIOR SERVICES	574-2050
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Local van group trips for shut-ins	574-2082
Tri-City Elder Coalition	574-2064
LIFE ELDERCARE	574-2090
Caregivers Support	574-2035
Home Services Registry	574-2095
Meals on Wheels	574-2092
Friendly Visitor Program	574-2097
TRANSPORTATION ASSISTANCE	
AC Transit Information*	511
City of Fremont Paratransit Program	574-2053
East Bay Paratransit Program	1-800-555-8085
HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS)	494-4500
LEGAL ASSISTANCE FOR SENIORS	1-800-393-0363
SOCIAL SECURITY	1-800-SSA-1213
MEDICARE	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP)	839-0393
TRI-CITY HEALTH CLINIC	713-6685
SENIOR LIBRARY SERVICES	745-1499 or 745-1491
SENIOR PEER COUNSELING	574-2063
ALZHEIMER ASSOCIATION HOTLINE	1-800-660-1993

*511 is a new toll-free voice activated phone service. Call 511 for information on AC Transit, BART, road conditions & trip planning.

Peer Counseling Program
Guided Autobiography Group
Begins - Monday, May 5, 1-3 p.m.
Mediterranean Room,
Fremont Family Resource Center
39155 Liberty Street
Suggested donation \$10

City of Fremont's Senior Peer Counseling Program is offering a 10-week Guided Autobiography Group to Tri-Cities residents. Each week a life-stage topic is introduced and members are asked to write two pages about how the topic was experienced in their lives. Members will share their stories with other group members. The experience has been described as both enlightening and exhilarating by past group members. The group begins on May 5, 2003 from 1-3 p.m. and will meet for 10 meetings in the Mediterranean Room at Fremont's Family Resource Center, 39155 Liberty Street, Fremont. For more information or to reserve your spot in the group, call Dr. Ray Grimm at (510) 574-2063.

Over the Hill Band
May Birthday Party
Friday, May 9 - 1:30 p.m.

Just back from the fiddler's contest and ready to give you some "down home" entertainment - the Over the Hill Band will playing for the May Birthday Party. Cake, ice cream, and coffee will be served in the dining room. Presents will be awarded in a drawing of the names of seniors present that have birthdays in May. Presents have been donated by

Kathy's Floral Design in the Walnut Plaza, Retirement Inn, Cookies by Design, Rose's Mortuary, and the Builder's Fund, which also provides the entertainment.



May Speakers

Tuesday, May 8, 1:00 p.m., Sonia Khanna, "Arthritis," BIO-VED Pharmaceuticals, Inc.

Thursday, May 8, 1:00 p.m., Steven Hua, NorthCare, "Prescriptions by Mail." This is an opportunity for seniors to learn about ordering prescriptions by mail.

Tuesday, May 27, 1:00 p.m., Speaker: Bob Coon, "Talking About Trains." Bob Coon's father worked for the Santa Fe in Kansas City and passed on his love of trains to his son. Bob remembers listening to the Guerrero St. street cars as he grew up in San Francisco. He joined his first railroad club in 1947 in Rio Vista Junction, where he still operates the equipment. He has been on trains and to railroad museums all over the world, including the narrow gauge Festingnogg railroad to the slate caverns in Wales and the high speed InnerCity from Inverness, Scotland to London. In his spare time, Bob runs the street car in Kelly Park in San Jose.

Coming Next Month

Friday, June 13, 1:30 pm, Birthday Party, Wild Things! Come to see your favorite wild animals and celebrate June Birthdays.

Friday, June 6, 2:00 p.m., Garden Club Speaker: Pat Kite, Author, Newspaper & TV Gardener, "Carnivorous Plants."



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.